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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

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ON MAKING BREAD

'N' GROUND PEA FLOUR

If you look for ground pea flour in the marketplace now you probably won't find it. But---researchers at the U.S. Department of Agriculture predict that you may find it in the not-too-distant future since they have found that bread can be made more nutritious (at no extra cost) by substituting pea flour for some of the wheat flour used in baking.

Peas are high in lysine which compliments wheat when the two are combined in flour form. Dried peas have been used throughout the world as a protein source in low-cost diets....but, until now, in this country we generally use pea flour only in thickening soups.

Agricultural research scientists have found that by substituting 15 percent of the wheat flour (in a loaf of bread) with flour made from ground peas, the protein value of the loaf rises 15 percent. It doesn't affect the taste, baking quality or the cost of producing the bread. Breads fortified with pea flour, in addition to being high in protein value, are also high in fibers and carbohydrates----but low in fats.

Americans eat nearly fifty million pounds of bread daily, and although wheat is high in protein, it has an imbalance of amino acids that make up that protein. Wheat is low in lysine, the essential amino acid that determines

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FIRE ANTS

Fire ants -- what are they??? Fire ants are fiercely stinging red and black ants.... imported accidentally from South America in the early 1900's. They became established in the southern states from Texas to the Carolinas where they have been known to fatally sting animals---and humans---and, to feed on both animal and vegetable matter.

The fire ant is known to be an aggressive pest with a sting that can cause severe allergic reactions. These ants also build large mounds that interfere with farming, gardening, and the use of school grounds and public recreation areas.

...native of U.S. Fire Ants

...Scientists to Study Potential Control of Ants

Research scientists at the U.S. Department of Agriculture are cooperating with University of Georgia scientists on a three year study of adult fire ants to see if hormones from the juvenile ants can be used for control. Dr. C. S. Lofren is the U.S. representative at the "Insects Affecting Man Research Laboratory" at Gainesville, FL.

At this time, USDA has amended the federal quarantine for imported fire ants to extend regulated areas in parts of Alabama, Mississippi, South Carolina and Texas. Federal quarantine restrictions limit the movement of nursery stock, soil, grass seed, hay, straw, and used soil-moving equipment. Such articles must be inspected, treated if necessary and certified free of imported fire ants before leaving the quarantine area.



COST OF FOOD AT HOME FOR A WEEK (DECEMBER 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$23.80	\$31.70	\$39.70	\$47.70
Elderly couple.....	\$21.30	\$28.30	\$35.00	\$42.00
Family of 4 with preschool children.....	33.40	44.00	54.90	66.00
Family of 4 with elementary school children.....	40.30	53.10	66.60	80.10
INDIVIDUALS*				
Women				
20-54 years.....	9.70	13.00	16.10	19.30
55 years and over.....	8.80	11.70	14.40	17.20
Men				
20-54 years.....	11.90	15.80	20.00	24.10
55 years and over.....	10.60	14.00	17.40	21.00
Children				
1-2 years.....	5.30	6.90	8.50	10.20
3-5 years.....	6.50	8.30	10.30	12.40
6-8 years.....	8.30	10.80	13.50	16.30
9-11 years.....	10.40	13.50	17.00	20.40
Girls 12-19 years.....	9.90	12.80	15.90	19.10
Boys 12-14 years.....	11.10	14.30	18.00	21.60
15-19 years.....	12.20	15.80	19.90	24.00

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

ON MAKING BREAD (CON'T)

the human body's ability to utilize protein. Consequently, nutrition researchers are trying to fortify wheat flour with a low-cost material that is high in lysine. Soy flour has been the most often-used substitute...while nutritionally good, it has a strong taste that some people do not like.

The green pea color is bleached out during the baking process so the color of the bread is not affected.

The bread-eating public will benefit from this kind of bread in three ways: 1) The bread will be a more nutritious product. 2) Wheat farmers (of the Pacific Northwest where 90 percent of all U.S. peas are produced) will benefit because of the use of their product. 3) In the Northwest they usually have severe erosion problems in wheat fields....but growing wheat on pea stubble offers excellent erosion control. The wheat-pea crop rotation system in this area has been limited by the small U.S. market for peas.... which resulted in most of our peas being exported. Now--the tide has changed--we can use our own peas! The research is being conducted at the Agricultural Research Western Wheat Quality Laboratory, Pullman, Washington.

FREE PUBLICATIONS!!!!

While supply lasts, free, single copies of the following booklets are available from the Publications Office, 508-A, OGPA, U.S. Department of Agriculture, Washington, D.C. 20250.

- "How to Make Jellies, Jams, and Preserves at Home", Home & Garden Bulletin #56
- "Nutritive Value of Foods", Home & Garden Bulletin #72
- "Food and Your Weight", Home & Garden Bulletin #74
- "Conserving the Nutritive Values in Foods", Home & Garden Bulletin #90
- "Freezing Meat and Fish in the Home", Home & Garden Bulletin #93
- "Family Food Budgeting", Home & Garden Bulletin #94

FOOD CLIPS

If you're thinking of buying a pork carcass or side, USDA marketing specialists suggest you'll want to get it from a place that is equipped to render the lard and cure the bacon, hams, and other cuts that you may not want to use fresh.

* * *

What do you look for when buying pork? Look for cuts with a relatively small amount of fat over the outside and with meat that is firm and a grayish pink color. Remember---for best eating ---the meat should have a small amount of marbling.

* * *

Improperly wrapped packages prepared for the freezer will allow air to enter and draw moisture from the meat, resulting in "freezer burn" or meat which is dry and less flavorful.

* * *

USDA home economists say that it is perfectly safe to refreeze meat that has been kept refrigerated after thawing. However---there is some loss of meat quality so try not to let this happen.